

Here are all the details you need to know about the 2015 Melander Sports Medicine New Town Triathlon:

### PACKET PICK UP:

Choose one of THREE Packet pick up options:

- Friday July 10<sup>th</sup> at [Big Shark West](#) - 11am-7pm
- Saturday July 11<sup>th</sup> at The New Town Triathlon EXPO - 9am-2pm .
- Sunday July 12<sup>th</sup> at The New Town Triathlon EXPO - 5am-6:30am.

### ADULT PRACTICE SWIM:

Saturday July 11<sup>th</sup> at the New Town Lake - 7:30am-8:30am. This **Adult** swim practice takes place BEFORE the Kid's Triathlon which begins at 9am. Please follow the parking instructions below to avoid their race. If you come out to swim, stick around and volunteer for the Kid's Tri which runs from 9am-10:30am. E-mail Tim Coover at [timc@bigshark.com](mailto:timc@bigshark.com) for more details.

### BIKE REQUIREMENTS:

Helmets, a functionally safe bike and a good attitude are required. If there is any question about your helmet or bike's safety please bring them to Big Shark or to the New Town Expo for inspection by a professional Big Shark mechanic.

### TRANSITION ZONE:

Body Marking will be at the transition zone entrance. Please make sure you get marked. Bikes will be racked according to your race bib number.

### SAFETY:

St Charles EMS will be onsite for the duration of the event. Professional Lifeguards will be onsite for the duration of the swim leg. St Charles County Police will be stationed at major intersections along the bike course. Volunteer Course Marshals will be stationed in the transition zone to assist with exiting the water, on the bike course to assist with traffic flow and help guide athletes, and along the run for encouragement and to hand out cold, refreshing water at two aid stations. Three Big Shark SAG vehicles will roam the bike course.

### EVENT TIMING:

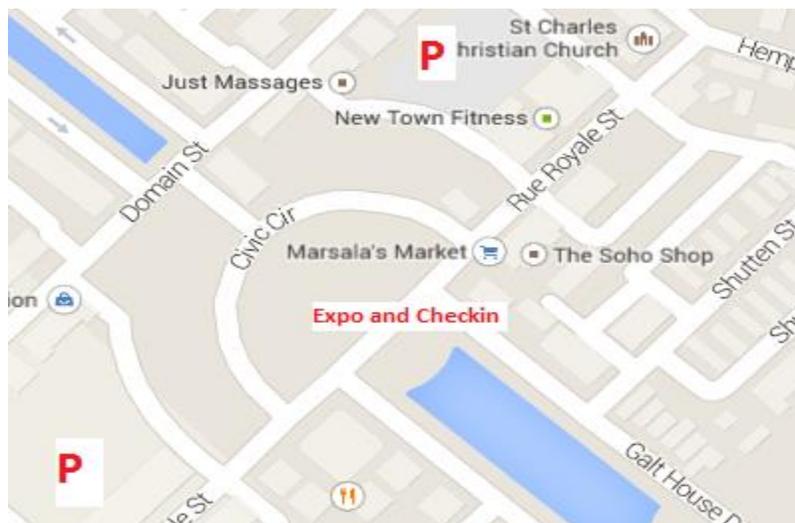
This event is professionally chip timed by Big River Race Mgt. The chip is an ankle strap and must be worn for the entire event. Please use the bib number, helmet number and the chip provided. This is for your safety and to ensure timing accuracy. Wearing the ankle strap on the left leg facing outward will prevent your bike from interfering with the timing strap. PLEASE return ankle chip after race.

### RESTROOMS:

Portapotties with hand sanitizers will be located near the Transition Zone.

### PARKING:

Please park in one of two large lots available to us for both Saturday and Sunday. These lots are conveniently located in the center of New Town on both sides of the Amphitheater. Enter New Town off of New Town Blvd; go right on New Town Lane. Take New Town Lane to Domain Street; you will see the parking lots to the left and to the right. Parking is also available on Civic Circle. Parking is not available along Rue Royale St. North of the EXPO.



## **COURSE MAPS:**

Course maps are posted on the event webpage at [www.newtowntriathlon.com](http://www.newtowntriathlon.com).

## **COURSE MAPS:**

- Elites start in water with a mass start. Relay teams then start in water with a mass start. Age Groupers for long course will then start in a time trial start every 3 seconds followed by Challenged Athletes in water mass start. Then Sprint time trial start for age groupers followed by challenged athletes sprint course in water with a mass start. This sprint triathlon will also be a time trial start every 3 seconds. Be forewarned, entering the water goes quickly, be ready!

-You must wear your swim cap provided to you in your packet.

-Use Common Sense on the Bike

- \* *Do Not Cross the center yellow line*
- \* *Do Not Draft*
- \* *Ride single file, Do Not Ride 2-3 abreast*
- \* *Stay to the right unless passing*
- \* *Mount and Dismount at the designated lines, do not ride your bike in the transition zone*
- \* **NO HEADPHONES!!**

## **TIMELINE FOR RACE DAY:**

5:00 AM	Packet Pick Up Opens
6:00 AM	Body Marking and Transition Zone Opens
6:30 AM	Packet Pick Up CLOSES
7:15 AM	Transition Zone CLOSES & Begin Lining Up for the Swim by Swim Ability
7:25 AM	National Anthem
7:28 AM	Elite Athletes START in the Water
7:30 AM	Relay Teams
7:33 AM	Age Group Athlete Race Start (Long Course)
8:00 AM	Challenged Athlete Start (Long Course)
8:30 AM	Age Group Athlete Race Start (Sprint Course)
10:30 AM	Athlete & Sponsor Post Race Thank YOU, Recognition and Awards Ceremony

**POST-RACE MEAL:** Please have your bib ready to show for the post race meal which will be in town hall. Only race participants, volunteers and staff will be allowed in to eat.

## **FRIENDLY REMINDER:**

Please be respectful of New Town residents and their property. They are gracious enough to host this unique event every year and we'd love to keep returning. Thanks.

**We know there are a lot of local events to choose from and we appreciate your participation!**

## **YOUR BIG SHARK CREW**

